

GERSCHEFSKE et al. -- 10/743,255
Client/Matter: 060012-0307440

IN THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.-21. (Cancelled)

22. (Currently Amended) An exerciser comprising:

a frame assembly including a base structure and an upright structure fixed to said base structure and extending upwardly therefrom,

said base structure having downwardly facing surfaces for engaging a horizontal surface in supported relation thereon,

said base structure extending forwardly of said upright structure so that said upright structure cannot be tipped over forwardly except by the entire frame assembly being tipped forwardly about a forward end of said base structure acting as a fulcrum,

an exercising mechanism carried by said frame assembly selectively extensible by an exercise of a user from an operative position at the upper end portion of said upright structure through the use of upper user interconnecting structures configured to be interconnected with a user's hands or feet and said exercising mechanism being selectively extensible at a lower portion of said upright structure through the use of lower user interconnecting structures configured to be interconnected with a user's hands or feet, said exercising mechanism being selectively extensible in a direction tending to tip the upright structure forwardly about the forward end of said base structure acting as a fulcrum and retractable back into said operative position,

said exercising mechanism including a plurality of coil springs embodied in said exercising mechanism so as to (1) resiliently resist the extension of said exercising mechanism by an exercise of a user and (2) resiliently effect the retraction of the exercising mechanism enabling the user to exercise by resisting said retraction,

a bench assembly configured and operable to be positioned in an operative position to support a user in a prone, supine or sitting position thereon, enabling the user to exercise while in a prone supine or sitting position thereon,

said bench being constructed and arranged to be supported in part on said horizontal surface and in part on said frame assembly at a position such that a part of the weight of the

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bench assembly and any user supported thereon acts in a direction tending to prevent the entire frame assembly from being tipped forwardly about the forward end of said base structure as a fulcrum.

23. (Currently Amended) An exerciser according to claim 22, wherein said coil springs are tensely tension coil springs which resist in response to elongation thereof.

24. (Previously presented) An exerciser according to claim 23, wherein said coil springs are selectively operable to provide selected operative resistance within a range of different operative resistances.

25. (Previously presented) An exerciser according to claim 24, wherein said exercising mechanism includes left and right hand grips connected to left and right coil springs for separately resisting left and right arms exercises by a user.

26. (Previously presented) An exerciser according to claim 25, wherein said exercising mechanism includes left and right pull line and pulling assemblies connecting said left and right hand grips with said left and right coil springs, respectively.

27. (Previously presented) An exerciser according to claim 22, wherein said bench assembly is movable between said first mentioned operative position enabling a user to exercise while sitting or lying prone or supine thereon and a second operative position enabling a user to exercise while standing in a position occupied by said bench when in said first position.

28. (Previously presented) An exerciser according to claim 27, wherein said bench assembly is movable into a third storage position.

29. (New) An exerciser according to claim 22, wherein each of said upper and lower user interconnecting structures is a hand or foot engaging device configured for receiving a hand or a foot of a user.

30. (New) An exerciser comprising:

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a frame assembly including a base structure and an upright structure fixed to said base structure and extending upwardly therefrom, said base structure having downwardly facing surfaces for engaging a horizontal surface in supported relation thereon and being structured and arranged such that said exerciser is freestanding on the horizontal surface;

an exercising mechanism carried by said frame assembly;

upper user interconnecting structures coupled to said exercising mechanism and being selectively extensible by an exercise of a user from an operative position at an upper end portion of said upright structure;

lower user interconnecting structures coupled to said exercising mechanism and being selectively extensible by an exercise of a user from an operative position at a lower portion of said upright structure;

said exercising mechanism being structured and arranged to resiliently resist the movement of the upper and lower user interconnecting structures away from said exercising mechanism; and

a bench assembly being removably coupled to said frame assembly such that said bench assembly may be removed from said frame assembly and be securely attached to said frame assembly, said bench assembly being selectively pivoted to said frame assembly at a pivot end of said bench assembly so that said bench assembly may be moved between an operable position wherein the user may utilize said bench assembly for support, and a stored, upright position wherein a free end of said bench assembly that is opposite to said pivot end is adjacent to said upright structure.

31. (New) An exerciser according to claim 30, wherein said exercising mechanism includes a spring.

32. (New) An exerciser according to claim 31, wherein said exercising mechanism includes a plurality of coil springs.

33. (New) An exerciser according to claim 30, wherein each of said upper and lower user interconnecting structures include a pair of pull lines.

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34. (New) An exerciser according to claim 33, wherein each of said upper and lower user interconnecting structures includes a pair of hand or foot engaging devices, each of said hand or foot engaging device being configured for receiving a hand or a foot of a user.

35. (New) An exerciser according to claim 30, wherein each of said upper and lower user interconnecting structures includes a pair of hand or foot engaging devices, each of said hand or foot engaging device being configured for receiving a hand or a foot of a user.

36. (New) An exerciser according to claim 30, wherein said bench assembly has a user supporting surface and a bench assembly support coupled to and extending from said user supporting surface, said bench assembly support being pivotably movable from a retracted position adjacent said user supporting surface and an extended position for supporting said bench assembly above the horizontal surface.

37. (New) An exerciser according to claim 34, wherein said exercising mechanism includes a plurality of coil springs.

38. (New) An exerciser according to claim 37, wherein said bench assembly has a user supporting surface and a bench assembly support coupled to and extending from said user supporting surface, said bench assembly support being pivotably movable from a retracted position adjacent said user supporting surface and an extended position for supporting said bench assembly above the horizontal surface.